



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01200, Reddi Wip Fat Free Whipped Topping

Report Date: July 11, 2017 14:33 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 66.44 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2003 |
| Energy | kcal | 149 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Energy | kJ | 623 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 06/2003 |
| Protein | g | 3.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Total lipid (fat) | g | 5.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Ash | g | 0.56 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2003 |
| Carbohydrate, by difference | g | 25.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Fiber, total dietary | g | 0.4 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Sugars, total | g | 16.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2007 |

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|--------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 108 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Iron, Fe | mg | 0.03 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Magnesium, Mg | mg | 8 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Phosphorus, P | mg | 68 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Potassium, K | mg | 108 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Sodium, Na | mg | 72 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Zinc, Zn | mg | 0.31 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Copper, Cu | mg | 0.019 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Selenium, Se | µg | 3.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Thiamin | mg | 0.148 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Riboflavin | mg | 0.619 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Niacin | mg | 0.364 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Vitamin B-6 | mg | 0.123 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Folate, total | µg | 17 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2003 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |

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|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Folate, food | µg | 17 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Folate, DFE | µg | 17 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2007 |
| Choline, total | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2007 |
| Vitamin B-12 | µg | 1.48 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 49 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2003 |
| Retinol | µg | 48 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 06/2003 |
| Carotene, beta | µg | 9 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 06/2003 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2003 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2003 |
| Vitamin A, IU | IU | 175 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2003 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) | µg | 0.3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |

Lipids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|------------------|
| Fatty acids, total saturated | g | 2.869 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2005 |
| 4:0 | g | 0.115 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 6:0 | g | 0.115 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 8:0 | g | 0.115 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 10:0 | g | 0.115 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 12:0 | g | 0.118 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 14:0 | g | 0.457 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 16:0 | g | 1.275 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 18:0 | g | 0.561 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Fatty acids, total monounsaturated | g | 1.250 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 06/2005 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 18:1 undifferentiated | g | 1.250 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Fatty acids, total polyunsaturated | g | 0.299 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 06/2005 |
| 18:2 undifferentiated | g | 0.185 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 18:3 undifferentiated | g | 0.115 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |

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| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 04/2003 |
| Cholesterol | mg | 16 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2003 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2003 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2003 |